

BRIDGES

WEDNESDAY, AUGUST 21, 2013

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FASHION

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SASKATCHEWAN FASHION

Michelle Lam: A different dress every day of the year

By Angelina Irimaci

If Michelle Lam could wear a dress every day she would. And you probably wouldn't see her in the same one twice: with a closet filled with around 320 dresses, she has a different one for every day of the year.

My closet needs to be extended if it's bad," she laughs. "I only wear skirts and dresses."

The 23-year-old was brought up to be a "girly girl" — her mother always held her up once she was a baby and put her in tutus and dance, so she got to dress up even then. The two tend to swap clothes and Lam says that her mother is her biggest inspiration when it comes to fashion. Next in line: Kate Middleton. "I think it's so awesome and classy," Lam publishes about Middleton. "She's super fashionable and everything she wears looks amazing on her."

Lam has that in common with her celebrity inspiration, not to mention the two share the same style: Lam's outfit choices are dependent on her mood and the season, but there's one thing that remains consistent: "Being girly, feminine and wearing cute shoes."

Like many fashionistas, Lam views her wardrobe as a form of self-expression and uses it to showcase her likes and dislikes. Every day has their own sense of style, so it makes you feel unique and special," she says. "I think that is important for my own self-confidence and self-esteem. Being girly means that I live life."

Lam has always been creative — she likes to paint and wants to start a fashion blog, but her busy schedule of studying to get into law school and working as a customer service manager at TD Bank doesn't leave her with a lot of free time. Thankfully, she still has an outlet.

"Fashion allows me to be creative every single day and I think that's important."

She regularly posts pictures of her outfits on her Instagram account and spends plenty of time on Pinterest looking at wardrobe options. She'll often see something on Pinterest and have a must-have moment: she searches high and low until she finds the piece. She also uses the website to search for things that reflect her own taste: all of which leads to friends asking for fashion advice and to her next closet.

Lam does most of her shopping online and looks to websites like Lululemon, H&M and Forever 21. She admits, however, that it's tricky to make a purchase without trying anything on, but she rarely has to return items because she knows what works for her body type.

Since Lam has mastered the art of seamlessly putting together outfits, online shopping and making her personal style, Bridges asked her for fashion advice for those who are finding their own style.

"Don't try to be someone else; be the person you are and only wear things that make you feel good," says Lam. "Don't wear things that you think somebody else would like. Just wear what you think looks good on you and [people will] love it. It makes you feel."



Michelle Lam poses in a beautiful summer slip in one of her favorite dresses in a candid, behind-the-scenes photo. PHOTOS BY MICHELLE LAM



Outfit:

- 1. DRESS:** Lulu from Lululemon. "It's really bold and summery and it has the Aztec design that's super awesome for summer."
- 2. EARRINGS:** Forever 21.
- 3. PURSE:** Aldo.
- 4. BELT:** Gifts from her mother.
- 5. RING:** Value Village. "You can get to lose a good brown belt for everything and I wear it almost every day."
- 6. WATCH:** Michael Kors in Edmonton. "I like it because it still has that boyfriend watch feel but it's a soft clasp and it's blue."
- 7. BLUE BRACELET:** A gift from a friend who brought it at a street market in India.
- 8. SHOES:** Spring. "I like the little braided design and the color is perfect. I'm obsessed with turquoise right now."

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ON THE COVER PG. 8



Landscape photographer, dove and dove breeding advocate Kristine Smith (left) with Kristine Carvillat and her son Nathan (right) in their home. PHOTO BY MICHELLE BERG

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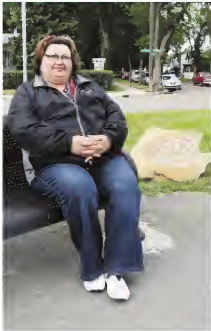
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Dani Fortasse and the new SAGCO bench on Spadina Avenue. PHOTO BY MICHELLE BERG

BRIDGES COVER PHOTO BY MICHELLE BERG

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IN THE CITY

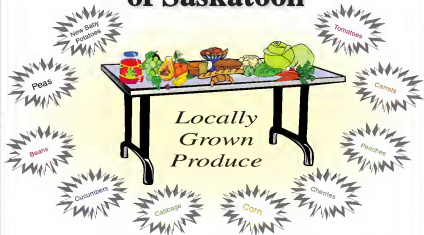
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Finding your balance in life



Women practice yoga on their paddle boards on the Overwood Lake on a warm summer evening in Saskatoon. PHOTO BY MICHELLE KIRK

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MY FAVOURITE PLACE

MADD unveils new bench honouring loved ones

By Angelina Irimaci

Of all of the provinces in Canada (excluding territories) Saskatchewan has the worst rate of drunk driving. In fact, the number of drunk driving incidents in the province is double the national average, according to Statistics Canada. Since 2004, MADD volunteer community leaders of Mothers Against Drunk Driving (MADD) Saskatoon is working hard to reverse this. At the end of July, MADD Saskatoon unveiled a new bench and statue in honour of families whose lost loved ones to impaired driving. Both are located on the corner of Spadina Crescent Road and 11th Street West. Whether it's heading to work or taking a moment of silence, Irimaci says that the bench, which overlooks Victoria Park, is a place where families can go to honour and remember their loved ones.



Dave Pankiewicz sits on the MADD bench on Spadina Crescent Avenue, where Irimaci can go to honour and remember deceased loved ones. PHOTOS BY ANGELINA IRIMACI

Q What got you involved with MADD Saskatoon?

A I haven't actually lost anybody to impaired driving, but I don't want to. I don't feel that it's fair to the families to have to lose someone that they love. Whether it's family, friends or acquaintances, it affects everybody as a whole. It has such a rippling effect. Having so many aunts and nephews, and now great aunts and nephews, I would hate to lose them. You want to be able to see them grow, flourish and be productive in the community and be happy and start families of their own. It seems so amazing and it's such a preventable loss.

Q When did you first start volunteering with the organization?

A I got involved in 2004. I thought this is something I can put my own name to and energy to and eventually bring it out. You want to make sure that it goes away.

Q Why is the bench your favourite place in Saskatoon?

A I think it's just that you're able

to come and enjoy a sense of peace and ignore the surrounding noise of the vehicles, and because we have such a beautiful view. If you're doing a silent prayer or something and the breeze are rustling, it's an empowering feeling. It's a place where you can recognize yourself and think about your loved ones, whether you had them to impaired driving or not. It's a nice, calming place to come and think about your loved ones.

Q Why did MADD Saskatoon choose a bench to commemorate families?

A After seeing what other communities have done across the country and not having anything here, lastly that the families, or even visitors to the city and strangers, see go by, we wanted something visible. (We wanted) it to have that impact for people walking by to stop and say, "What's this about?" Question it and be able to see why it's here and why we chose to do it.

Q How do you hope the bench gets noticed?

A I hope that families come and do vigils here for their loved ones or just come to take a break. If they're walking, it's the perfect place to stop and take a breath and take in the scenery and just enjoy it. We just want people to be able to enjoy it. It's for not only the families that have lost someone, that I think it's for everybody else to think of what a senseless crime it is. It's preventable

and when they read the plaque they can say, "It is an issue and what can I do about it?" I think people need to stop and think. "How can I help this issue?" Do I make sure that I call 911 if I see someone who's not driving right? Do I call on for somebody? Do I call a family member? The worst place that a family member can be in at emergency, going down to the morgue and having to bury someone or seeing their family member in jail because they got a DUI.

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ON THE COVER

I see the importance of having an adequate resource base for women who are having children. — Johanna Bergerman

#BREASTFEEDING

Milk is just one part of the breastfeeding formula



Public health nutritionist Johanna Bergerman, spokeswoman at Birth-Right in Saskatoon, is an internationally recognized breastfeeding advocate and researcher. **PHOTO BY MICHELLE DEW**

By Angelina Iritici

Breastfeeding is a lot of things to Johanna Bergerman. It's kept her educated, won her awards and helped establish her independence.

In the 1990s the capacity of women had to choose between full-time work and childbearing, but Bergerman wanted both. She found that combi-

nation is breastfeeding.

"I noticed that the health of my children was a valuable asset to working full time," explains the mother of four. "I didn't have to spend sick time on my children. Breastfeeding my children was one way to allow me to integrate my roles of being a full-time worker and a mother at the same time."

Bergerman devoted her work as a public health nutritionist to not only educating and linking nutrition but taking a particular interest in the impact it has on early childhood development and vulnerable populations. Internationally recognized as an expert, Bergerman extensively researches and advocates breastfeeding as well as other issues mothers

face like maternal protection and perinatal loss.

She explains that breastfeeding benefits the baby's brain development, immune system building and attachment in the first six to nine months. She adds as a part of reproductive health, it's natural to wean.

If you don't breastfeed you're at really shutting down the system and

the consequences of that are things like increased risk of breast cancer, depression and osteoporosis," says Bergerman.

In addition, it lowers the risk of diseases in mothers, including Alzheimer's and diabetes, it boosts child development and the newest research says breastfeeding is likely to prevent stunting in children.

I didn't have to spend sick time on my children. Breastfeeding my children was one way to allow me to integrate my roles of being a full-time worker and a mother at the same time. — *Bergerman*

"When you are breastfeeding away from especially in emergency situations, it often questions what happened to breastfeeding and the lack of validation it gets," says Bergerman.

It was that question that sent her back to university in 2008 to get an honours degree in women and gender studies (she was working full-time and graduated in 2009). Bergerman attributes part of the answer to the medicalization of birthing, which has interfered with breastfeeding. She works to ensure that mothers are equipped with the resources they need, whether it's about breastfeeding, nutrition or support from other mothers.

Her efforts didn't go unnoticed. Bergerman won the health and wellness category of the Saskatoon YWCA Women of Distinction Awards in May, but she wouldn't rest just to know that. She's not entirely humble, but full of accolades.

plishments is long, just she won't be the one to tell you about them.

"She's not over working to be any thing special," says Wendy Stokich, a longtime colleague and one of the founders of the not-for-profit Saskatoon Breastfeeding Mothers. She's worked with Bergerman as part of the organization which promotes and supports breastfeeding. She also describes Bergerman as compassionate, hard-working and forward-thinking. "Everything she does with work is for women — for moms and their families."

Bergerman is sitting with a group of women discussing issues like parenting, the value of women's work and gender equality. They're made themselves comfortable on a comfortable but cozy couches in the living room area of the Mother's Centre at Station 30 West in Saskatoon.

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Atkinson (Bergerman) (right) addresses the Saskatoon Breastfeeding Mothers group at North Bayview. KATHRYN HODGSON/PHOTOGRAPH BY KATHRYN HODGSON

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Sometimes I get myself into a little bit of hot water because people will say, 'It's my right as a woman, I should get to pick.' But I say, 'What about the baby?' — *Kim Smith*



The Saskatoon Breastfeeding Mothers group surrounds new mother Quinny Carbone with her baby boy Sean at Birth-Infants at Saskatoon, August 2012. BY MICHELLE LANG

Last fall, Breastfeeding Mothers helped to create the space that Bergerson and a group dreamed of: at most 10 years ago.

The Mothers' Centre offers a non-judgmental space where mothers and children can drop in for a chat and coffee, planned activities or for support and guidance.

The women are discussing what it's like to work with Bergerson, either professionally or through the Mothers' Centre. They say she has a red ink, making her gentle and

knowledgeable. But then Bergerson gets uncomfortable — her anxiety is kicking in like lightning rapidly and says a few quick, yet genuine "thank yous" to the women.

Bergerson listens while the other women share. When she speaks, everyone becomes quiet and listens to her voice as if it's gold dust.

"Being an immigrant from the Netherlands, I recognized that my mother didn't have a lot of support in her life as an immigrant mother," she says. "I see the importance of

having a safe place to resource base for women who are having children."

It's not just breastfeeding that Bergerson supports, but a bigger picture of ensuring there are resources available for women, children and families, something that she says is a deficit in our society.

Bergerson keeps getting pulled away from women and children and it's such a critical phase of our early childhood development.

She says that with strong communities come strong families, and

that's what she is trying to achieve. One way is through Breastfeeding Mothers, a group that Bergerson was integral in creating. Breastfeeding Mothers, which recently celebrated its 10th anniversary, is made up of health professionals and mothers. The group has four main initiatives to support families: relaying up-to-date, accurate breastfeeding information to mothers, locally implementing the World Health Organization's breastfeeding guidelines, supporting breastfeeding in public

spaces and advocating for a human milk bank in the province. The group has focused a subcommittee dedicated to bringing a milk bank to the province and is working to create a milk bank in the province's health minister and has an on-going petition to bring it to a bank.

"The bank needs to be a resource for women in their goal to be past breastfeeding," says Bergerson. "If their babies need more calories, they need to be offered something other than formula."

There's so much stacked against us as women and not a lot of support. These moms are saying, 'I really want to breastfeed,' but nobody hears that. — Smith

♦ ♦ ♦ ♦

When Julie Olson was in the middle of a bout with her first child, she had a startling thought: she wasn't going to have milk for her premature baby. This isn't uncommon in premature births — often, mother's bodies aren't producing milk yet and the baby can have to be banked onto a breast.

"I was completely worried," she remembers of the birth eight months ago. At that moment, her doctor had a solution: Facebook.

Created by a Canadian breastfeeding advocate, Human Milk 4 Human Babies is a Facebook page that connects a space for mothers to request and donate human milk. It's up to the recipient to screen the donor and make arrangements for milk pickup and drop-off. There are 180 pages in 52 countries around the world and at least one page in each province in Canada. Saskatchewan's started in 2010 with 30 people and little milk donations, says one of the page's administrators Marlene Newswold who is also part of Breastfeeding Mothers. Now, the page has grown to over 400 users. Last year,



The breastfeeding Mothers group at birth up their daughter's milk donations photo by Jessica H. Hogg

over 5,000 ounces of human milk was donated through the page, but Newswold says the number is likely much higher than that as moms continue the donations after establishing a relationship on the page.

Olson was one of them. She was right, her

milk didn't come for over two weeks and baby Cooper was struggling to get milk from her breast. She shudders when she recalls Cooper receiving formula at the neonatal intensive care unit. "It still haunts me to this day that he had to have chemicals for his first meal."

She posted on the Human Milk 4 Human Babies Facebook page: donations and she had 37 different donor moms. Cooper hasn't had another drop of formula since.

If she had to feed Cooper formula, he would have less and as her body wouldn't produce as much milk. It's likely that, eventually Olson wouldn't be breastfeeding.

"It saved my life," she says. "The money going I would have had if I had him formula would be outrageous."

Although she's appreciative of the generosity of the donors, Olson says the province still needs a human milk bank. It would have helped her as a number of ways the milk would be more accessible (her son drove to Regina from Saskatoon to pick up from one donor), it'd be safer (Olson asks for donor's medical history, mostly checking for HIV and Hepatitis) and doesn't guarantee milk and it would normalize the process. "Some people still look at me when I tell them I have donor milk in my freezer. 'You have what as your what?' They ask."

Continued on Page 12

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Program 2: An elite dance program through Latin American dance style 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

- Program 3:** An elite dance program through Latin American dance style 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

Program 4: An elite dance program through Latin American dance style 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 11

Resources keep getting pulled away from women and children and it's such a critical phase of our early childhood development. — Bergerman

Kim Smith speaks for babies

"I have this thing inside of me saying, 'Is anyone taking what the baby wants?'" says the passionate and energetic certified lactation consultant and doula. "Sometimes I get myself into a little bit of hot water because people will say 'It's my right as a woman, I should get to pick.' But I say 'What about the baby?'"

Like Bergerman, Smith is also a mother of four and was nominated in 2011 for a Women of Distinction Award for her work in breastfeeding education and mother support in Regina. Smith sits on the Saskatchewan Breastfeeding Committee's board as a mother's advocate and has been a La Leche League Leader since 2006.

While Smith advocates for all things breastfeeding, she knows what it's like to be at the opposite end. More than once, Smith has been asked to move and cover up while breastfeeding in public. She currently has a case with the Human Rights Commission after she refused to move while breastfeeding at a public pool.

"The more money you go through this and still move and stop breastfeeding in public because of shame, the I am using my case to educate for other moms and move inequity to the babies," she says.

But Smith wasn't always an expert, she had her own issues with breastfeeding. Although two of her children spent time in the NICU, she was determined to breastfeed them from day one. She experienced her own challenges like bleeding nipples from a bad breast pump and her babies being too hard to nurse properly. She was often told she could only nurse for 10 minutes before moving to a bottle or tube.

"That was very defeating as a mom and I am sure for the baby, too," she says. "There's so much effort being put into feeding (them) to simply be told we weren't doing it right or good enough."

It's these issues that prompted her to become an International Board Certified Lactation Consultant (IBCLC) in 2008 after working as a health care provider. To get funding, (there) had to be about a 200-hour course with moms and babies and write a full day essay.

"There's no much studied against us when it comes to a lot of support," she says. "These moms are saying, 'I really want to breastfeed, but nobody knows that.'"

She's one of only a few private lactation consultants in the province. Smith travels to women's homes (or even like if they are outside of Regina) and helps to create a positive breastfeeding relationship between mother and child. For \$100 an hour, Smith assesses the



Lactation consultant and doula Kim Smith (left) with Julian Minkespoon and her son Sullivan Hen, Angela Hertzog and Ben Hertzog

breastfeeding relationship, creates a plan for the family and provides follow up consultations.

She says that there are too many moms missing out on the bliss of having a newborn because of these difficult breastfeeding, but it doesn't have to be that way.

"I want to bring mommy back," she says. "She's done just that for Julia Wetherpoon, a mother of two. When Wetherpoon's first son was born in 2008 she started, certes he knew that didn't occur right."

"It was always just dismissed," she explains.

"That's where Smith came in — the two met a while later and Smith mentioned Wether-

poon's son's issues sounded like tongue tie. The string of tissue that attaches the tongue to the floor of the mouth was too short. His tongue couldn't move freely making breast feeding difficult. When Wetherpoon, a doula herself, got pregnant with her second, the oldest Smith told her doula and lactation consultant in the case of a similar problem. Sure enough, her second son Sullivan was displaying similar behaviors, but this time Smith was on hand. She referred her to a doctor to get his tongue tie revised and soon weeks with the two to ensure healthy and simple feeding.

"The biggest difference is when she leaves, moms don't feel like they're doing everything wrong," says Wetherpoon. "I feel a lot more

confident in what I'm doing and that we're going to have success."

She adds that she appreciates the time Smith spends with the families getting to know them well and building a positive and strong relationship.

"It's so rewarding that 60 just made a difference and everybody is happy," Smith says. "Moms are high on the hormones' euphoria, babies have milk running down their chins." They usually laugh, energetic wave outside for the first time. "Babies are crying, moms are crying, dads are stressed out. And I leave this nice little family like, 'That's OK we can do this. The baby is fed really well and we have a plan.'"

INVENTORY

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Henry MacKinnon works on his carvings in his home studio. He once made a chest decorated with a flower carving for his daughter from 126 pieces of wood sourced from 18 countries. **PHOTOS BY MICHAEL HERR**

By Angelina Irimaci

Henry MacKinnon remembers carving a bassoon into a canoe when he was a young boy. Almost 60 years later he's still carving, but has since replaced the fruit with gun stock and knives and the paring knife for a tiny drill.

"I've always enjoyed working with my hands," says the retired ordained minister. He only took one carving class years ago; it's just always come naturally to him. He began carving with a chisel more than 20 years ago, creating everything from small decorative and toys, to large pieces of furniture, including a chest he made for his daughter. It had a design of a decorative pot of flowers that he carved two days to create, and was made

from 126 pieces of wood from 38 different countries.

"I take stuff that's time consuming and very tedious to do. Some people say 'That kind of work would make me pull my hair out.' But I like it. I can just do that forever," says Henry. His wife Laura calls his work both a passion and a hobby. He spends plenty of time in the basement working on his projects.

Sometimes he doesn't have super-sized plans and there to go ahead and have other things he's so involved in what he's doing," explains Laura. "He'll say 'That's a few more minutes, a few more minutes.' It becomes later, but that's OK because he enjoys what he does."

In 2011 Henry got into an accident

He was working on the railway when his pelvis got crushed between a train bumper and a fork.

"I never did recover," he says. "It's something that has kept me going. I've been struggling ever since."

The accident put him out of work for two years, yet he continued to carve and restore furniture, but it's always remained difficult. It's easier for him to work on smaller projects, which has been a natural evolution.

A few years ago he explored carving into different kinds of hard materials including gun stocks, knives, glass, metal and even owl eggs.

"I just had a desire to do more in intricate work. And I like trying things I've never done before," he explains. Following his retirement two years

ago Henry decided to open up a business called Henry Treasures to sell his creations, with a focus on gun stock carving. He's been in business for about a year and while he gives plenty of his work away as gifts or for special events he wanted to make a go at getting a customer base.

Now he specializes in carving highly detailed wood projects by using a tool similar to a dentist's drill, but with a straight rod. It runs at 35,000 to 45,000 revolutions per minute. "So when it's cutting, it's cutting," he laughs.

Henry also personifies things like mirrors, auto glass, motorcycle chrome and martial equipment. He carves portraits into wood and can engrave with a customer's handwriting. His past work as a nurse gave

him an idea for a practical use for his engraving. Personalized medical equipment like stethoscopes for nurses and doctors.

For now he's taking customers' requests and does work for special events like weddings and anniversaries.

"I tell people 'They can personalize something and turn it into a personal memory,'" he says.

"It means a lot. I think the biggest reward is not monetary but when someone shows what you've done and they appreciate it."

He admits to being a perfectionist and that he can be really hard on himself when it comes to the work.

"Maybe that's good because then I strive to do better."

The StarPhoenix

Fall Music & Dance

2013

U of S scholarships support talented music students

It's no easy feat for students to secure one of the coveted seats in the Department of Music at the University of Saskatchewan. And student applicants require a strong academic record but they must also make it through a rigorous audition process.

"It's very competitive for the students and for the university," said Dr. Gerald Langner, head of the music department. "We compete with many other universities and, just like the Haskins, we're trying to recruit

the very best." One advantage for Langner, the U of S and for music students is the department's significant scholarship funding for recruitment, retention and reward.

Langner said the department awards in excess of \$1,000,000 in scholarships and bursaries annually including entrance scholarships for all new students. The scholarships, many as old as the department itself, were set up by people who recognize the cultural contributions of music programs but also the challenges

faced by music students, he said.

In addition to a full academic schedule, students study their particular instrument or voice, participate in ensemble and group work, and spend endless hours in the practice studios. "It's a lot of work and we're happy to be able to support them with some additional funding," he said.

Langner said the scholarships are many and varied. There are some that recognize academic success, performance success, and a combination of the two. Others are instrument or voice specific. Students in particular programs like music education have access to specific scholarships, as do members of particular ensembles. Bursaries are also available to students with proven financial need.

A scholarship recipient himself as a student, Langner said the hands-on experience of what a student is doing and how accomplished. When you hear and realize some reward

for that effort, my experience is that students are encouraged to continue to do well.

"And the amount of students can put such awards on their resume. It says 'I'm affirmed as an outstanding student'."

The support the department receives – financial and otherwise – reflects its deep roots in the music community, particularly in Saskatoon, he said. As an example, a good percentage of Saskatoon Symphony Orchestra members are department graduates, he said, and

many give back to the university, and their young counterparts, as seasonal lecturers. "It's a wonderful circle – from student to professional performer to teacher of new young students."

Langner said the department faculty spend a great deal of time each year selecting just the right student for each scholarship, but it's time well spent, and it won't could give more.

Find your music teacher online

The Saskatoon Registered Music Teachers' Association was very excited to launch their new interactive website this spring.

The new site features information about upcoming events, an exploration of finding the right teacher, and most importantly offers parents the opportunity to search for a qualified professional teacher for their child.

The new search features a "find a teacher" tool allowing parents to search for qualified teachers in their own neighbourhood. This not only changes the way that people can find a teacher in Saskatoon, but also allows the parent the luxury of learning a list about teachers before they pick the one they want.

All teachers in the Saskatoon Branch of the Saskatchewan Registered Music Teachers' Association are listed on the site, as are their qualifications, diplomas, degrees, photos and biography.

Finding the right teacher for each student is crucial to the success of their musical education. While convenience is helpful, what is more important

is finding a teacher who has the proper training and experience of working with developing musicians – someone who inspires a student, not to become a concert artist but neither inspires them to become a contributing member of society who knows the value of setting goals and working hard for their goals.

Private music lessons that are one-on-one with teacher and student are the fastest way to advance through musical learning – and it's not just about learning the notes. Music students with private teachers have the opportunities to learn focus and determination, hard work, and a lifelong love and understanding of the arts.

Saskatoon Registered Music Teachers' Association is headed into its 87th season and the branch offers three recital performances of students throughout the year, as well as many continuing education experiences for its members. In the fall of 2013, Saskatoon will host the provincial conference for teachers from across the province, featuring world class clinicians and performers from across Canada.

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The StarPhoenix

Fall Music & Dance

2013

Canada Council recognizes White Birch Ballet

by Jeanine Armstrong
SP Creative Features Editor

With five successful seasons as Saskatchewan's only professional ballet company, The White Birch Ballet Company is now the proud recipient of a funding grant from the Canada Council.

The Saskatoon company was founded by Darlene Williams, an American-born dancer who trained and performed with the Fort Wayne Ballet Company in Indiana.

Williams has dedicated her life to dance. After moving to Canada, she began training dancers in Manitoba and Saskatchewan as a choreographer and teacher for the School of Contemporary Dancers in Winnipeg and as a ballet mistress for the Youth Ballet Company of Saskatchewan in Regina. Six years ago, she moved to Saskatoon.

Williams founded White Birch Ballet to create professional opportunities for talented dancers who didn't want to leave



**White Birch Ballet dancers
Angel Autel and Elizabeth
Gagnon perform 'Species
Interrupted'
choreographed by
Constance Cooke.
(Supplied photo)**

the province to pursue a career in dance. Thanks to three "Culture on the Go" touring grants from the Saskatchewan Arts

Board, White Birch Ballet has also been able to travel the province - widening the audience for dance in communities outside of Saskatoon.

During each of the past five seasons, five of the country's top choreographers have travelled to Saskatoon to choreograph original works for the ballet company.

White Birch Ballet now boasts an amazing repertoire, featuring classical and contemporary works by Owen Montague, Gaetano Cappuccino, Constance Cooke, Josh Beaman and Joe Laughlin.

"Last season was the most ambitious and arguably the most successful production to date," says Williams.

Famed Winnipeg choreographer Peter Quince is on board for White Birch Ballet's sixth season, to create a new work with the company's dancers. "Having someone of his caliber would be an amazing experience for our dancers," says Williams.

Receiving the Canada Council grant "is very exciting," says Williams. "It's humbling to feel that you're standing among such a distinguished group of dance artists from across Canada. It's the first time that a ballet company in Saskatchewan has received a grant from the Canada Council. We're very honoured."



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The Startlebox

Fall Music & Dance

2 6 3

MUSIC MAKER

Stringed instruments have always been Leyton-Brown's first love

by Michele Tyndall
for SP Creative Features

Since its inception in 1912, the Conservatory of Performing Arts in Regina has established itself as a world-class facility for providing quality musical education, and over the years has produced some of the finest musicians in the world.

The Conservatory has also been home to violinists, conductors, administrators and teacher Dr. Howard Leyton-Brown.

Leyton-Brown's love of music and excellence with stringed instruments began at a young age, and has grown throughout the years. "When I was five, my mother took me to a church bazaar, and while she was working I sat in one of the pews. A violinist played while I was there, and after that a violin was all I ever wanted. I started my first lessons when I was seven," said Leyton-Brown.

Born in Melbourne, Australia, in 1918,

Leyton-Brown earned his first diploma in 1937. He followed that up with further studies in Australia and throughout Europe, including Germany, Belgium and England. He also lived in Canada and spent time in Estonia during the early 1940s, and was a member pilot and flying instructor during the Second World War.

After returning to England, Leyton-Brown joined the London Philharmonic Orchestra and became concertmaster in 1951.

"After the war with returning and other things, England was an uncertain place to be. My wife was Canadian, and so we immigrated and moved to Estevan, and then to Regina. I heard there was an opening with the Conservatory, and I thought that would do for a start. But then I didn't ever leave," said Leyton-Brown.

In 1952, Leyton-Brown became head of the string department at the Conservatory of Music in Regina, and in 1955 he became



director of the Conservatory.

"In the Conservatory was virgin territory, and everything was possible. At the time, the Conservatory was part of the Regina College, so Dr. Hiddell took me to meet the University of Saskatchewan president, and he said that the first degree in music in the province would come from Regina. I thought there was a great future here and I had a free hand," said Leyton-Brown.

That free hand, combined with his years of musical experience and devotion to his first love, the violin, helped Leyton-Brown create so much success with the Conservatory that Sir Ernest MacMillan recognized as one of the greatest proponents of musical education in the nation, declared Regina the "string capital of Canada" in 1966.

Many of the innovations Leyton-Brown brought to musical education in his tenure as director of the Conservatory set precedent

Continued on next page

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The StarPhoenix

Fall Music & Dance

2013

Leyton-Brown cont.

Continued from page 18

in the province and are still in place today. "At the time, teachers were only paid per lesson and never by salary. I needed on permanent appointments, and we started with one theorist, two teachers and two parents," said Leyton Brown.

Leyton Brown and the Conservatory continued to flourish during his tenure as director, which lasted from 1955 until his retirement in 1986. As well, Leyton Brown was active within the University of Regina's B.I. of Music Department — he received a full professorship in 1968 and with the Regina Symphony Orchestra, which he conducted from 1966 to 1971 before taking on the role of concertmaster from 1978 to 1989. He has been a soloist in several Canadian Orchestras from Lethbridge to Winnipeg, and taught at the American Congress of Strings. Leyton Brown is also a composer; he has composed cadenzas to several violin concertos and arranged works for various string orchestras.

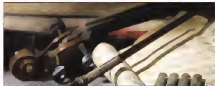
Other awards and accolades have been bestowed on Leyton Brown throughout his career, including becoming

professor emeritus at the U of R in 1988, being named a Member of the Order of Canada in 1986, and receiving both the Saskatchewan Order of Merit and the Saskatchewan Arts Board's Lifetime Award for Excellence in the Arts.

String instruments have always been Leyton Brown's first love. He plays both the viola and the violin, and still continues to coach and teach students. Many of his students have found success not just in Saskatchewan, or even Canada, but also worldwide. They include such famous musicians as Canadian R.C.M.P. orchestra violist Brian Joseph, and Boston Symphony Orchestra Concertmaster Malcolm Lowe and his brother Darren, Concertmaster of the Quebec Symphony.

"Our musicians are everywhere now and we have had an influence beyond Saskatchewan. We've kept in the forefront of education and music and achieved world recognition," said Leyton Brown.

Music lessons not only provide students with an understanding and appreciation of music, but they can also instill a sense of self-esteem and pride, and actually facilitate



other types of learning.

With this in mind, Leyton Brown recommends music and musical education for everyone; however, he also advises that the string instruments should be started at a young age. They are not the easiest instruments to learn, and working with them takes years to develop. While it is possible to learn music at any age, perfecting the use of a tool like a violin bow can be incredibly complex and take years to master.

Violin teachers and coaches from the Conservatory, including Leyton Brown, use the Suzuki method as the basis of their lessons. They encourage young children with lessons that are designed to stimulate and instrument scaled to their size.

Music lessons can increase confidence, develop motivation and build friendships, and, as Leyton Brown has proved, there is one major factor that makes successful musicians stand out: "Whatever your instrument is, you have to love music. The whole purpose of music is to express emotional content, and that can be the hardest thing to do. You have to be able to handle the instrument and know how to make it do anything you want — but then you have to want something," said Leyton Brown.

That passion has made Dr. Howard Leyton Brown a groundbreaking creator of respected educational facilities, award-winning musicians and brilliant music

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The Start/Board

Fall Music @ Dance

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Mood music for any occasion: Saskatoon String Ensemble

The Saskatoon String Ensemble is a flexible and versatile entertainment service. This ensemble of professional musicians will perform any kind of music, anywhere, for any kind of event with any number of players.

They most often perform as a string quartet, but can expand to a small string orchestra, or can downsize to a duo or duo for smaller locations and budgets.

Their extensive repertoire includes the traditional classical repertoire for string quartet, as well as arrangements of jazz standards, and contemporary music. They usually can play anything from Bach to Beethoven, Gershwin and Cole Porter, Argentinian tango and Scott Joplin right on up to the entire Beatles songbook, themes from the movies, and contemporary songs and soft rock.

The ensemble will take special requests and then make arrangements of almost anything—and they have had some unique requests! Recent weddings have featured groomsmen singing to brides from Star Wars and couples exiting their ceremony to the music



The Saskatoon String Ensemble will make any function a truly special occasion.
(Supplied photo)

of Vibe La Vida by Cold play. Weddings with a theme such as Beatles music, Disney songs,

or only music from movies, are also popular trends. Book early for 2014 to avoid disappointment—as they are very busy performing at 43 weddings this

summer!

Saskatoon String Ensemble can play at large and small venues, indoors or outdoors. They can easily move locations during an event—such as from the ceremony to the cocktail reception, and then on to the dinner.

There are a multitude of possibilities for potential events where the Ensemble can provide live music including cocktail parties, dinner parties, birthdays, anniversary parties, proposals, christenings, conferences, product and company launches, theatre productions, awards ceremonies, and art exhibitions to name a few! Anything you can imagine!

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Bookings can be made online or by telephone. Contact Maria Cole at (306) 202-6811 or (306) 344-7464. For details, visit www.saskatoonstringensemble.com



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The StarPhoenix

Fall Music & Dance

2013

U of S music program for kids targets specific age groups

The Community Music Education Program (CMEP) which is housed at the University of Saskatchewan's Centre for Continuing & Distance Education is still going strong after 28 years of community programming.

Program Manager Nicole Wilton has taught in the program for 17 years and has been the manager for the last nine. She has seen consistent and continued growth in all areas of her program.

"We have a unique and wonderful music education program. What makes us especially strong is our instructors – all of whom are musicians and educators. Our curriculum, which is early childhood based, is geared specifically to the 6 and under age group. Anyone who teaches in early

childhood knows that it is its own world. Children at this age are very different than school-aged kids. Having a curriculum and instructors that understand this makes our program successful and popular."

CMEP has the following core programs:

• **0-3 years of age:** Parenting with Music and Suzuki Early Childhood Classes. Both of these are parented classes for parents and their babies. The Parenting with Music (PWM) has smaller age ranges such as 0-18 months in one class. They are 12 weeks, once a week for 45 minutes. The Suzuki Early Childhood (SEC) is a wider age range – 0-3 years and runs for 24 weeks, 45 minutes per week.

• **3-6 years of age:** Early Childhood Music – age specific classes for ages 3, 4, 5 and 6 respectively. These classes are designed specifically with a spanned curriculum to introduce music concepts, tones, melody and rhythm. All of this is demonstrated through fun songs, games and rhythm instruments.

• **For ages 6 and up:** there are piano, guitar and violin classes to choose from. Summer camps run every July.

For more info contact Nicole at nicole.wilton@usask.ca or (306) 966-5623.

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The Start Here

Fall Music @ Dance

2013

Saskatoon Suzuki Strings offers more in 2013-14

The Saskatoon Suzuki String Program has been operating in Saskatoon for over 25 years and continues to provide musical instruction in string instruments to children of all ages.

The program follows the principles of the internationally recognized Suzuki method of music education. Music educator Dr. Shari Suzuki developed these principles in Japan.

Students learn their string instruments through one-on-one, weekly individual lessons with a private teacher. The SSP enhances this instruction by offering weekly group lessons. Children meet in groups of 10 or more; they learn games, songs, and most important, how to play with other musicians at their level. As they learn to read music and develop more technical skills students can join one of the programs' two orchestras.

The Suzuki Program stays connected to community by performing at various events throughout the year, including the Festival of Trees, Sunday and lobby concerts before performances of the Saskatoon Symphony Orchestra. Students also perform at two formal concerts and two orchestra concerts every year in January and May, as well as



The Suzuki String Program is expanding this season, with concerts in Weyman and Mortensville. A third program for more advanced students is also being introduced: Saskatoon Prairie Strings. (Supplied photo)

at Saskatoon Suzuki HeartString Gala (the program's annual fund-raiser in February). As a new initiative this year both Suzuki orchestras presented their concerts in Weyman and Mortensville with the purpose of introducing the program to families residing outside of Saskatoon.

In 2013-14, SSP will be adding a third orchestra, Saskatoon Prairie Strings, to its program. This orchestra will be open to more advanced students who are high school aged or older. Adults who have comparable skills in playing violin, viola, cello or double bass are welcome to join this orchestra.

SSP is also planning to add an early childhood music program for children under four years old. This will be a pre-Suzuki, parent-and-lead program that will prepare the youngest children to join private and group lessons.

Brand new are also One Day Beginner Workshops on August 20 and September 7. Workshops are geared towards children between ages 4 and 10 years old. Students will learn some basic elements of playing both violin and cello, including songs, games and a scale used in the main program.

Registration for One Day Workshops as well as 2013-14 fall and winter program of Saskatoon Strings is now underway. Information about all programs, including group lessons and the three orchestras, is available on its website (www.saskatoonstrings.ca), by email at saskatoonstrings@gmail.com, or by calling (306) 221-6942.

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#THE FOGGY NOTIONS

Seasoned band is full of laughs and good music

Angelina Irimici

Edmonton's Foggy Notions have the best of both worlds: music and a good ship.

It all started with married couple Kelvin Beaudry (bass) and vocals and Janice Weber (bass and vocals). In 2013, drummer Charles Lennex and another guitarist, who is no longer part of the group, joined. The four released a successful album in 2011 called *Beginning to See*. Two years later, keyboard player Dave Davies (who's decided to go by Dave for this interview) joined, followed by Chris Laramee, who replaced the old guitarist. The group's newest member Terry Mattson joined just a couple of months ago. He was asked to fill in for Laramee for a show and he's been with the band ever since.

"I passed the test and the rest is history," he jokes, followed by a burst of laughter from everyone else.

Laramee isn't serious among the group; they poke fun and seamlessly play off of each other's jokes, likely because they are all old friends and nearly all of these bands have played in bands together in the past.

"We drink our red wines and then we play," explains Laramee. "There's not much drama or baggage that sometimes goes with music."

Although they are all extremely passionate about music, The Foggy Notions don't take themselves too seriously.

"I think that's how you stay together for so long," says Beaudry Lennex, adding that he feels grateful to still be playing, especially on such a tight local group.

"I think it's more to the third one, it's terrible in a head."

Each member—with the exception of Laramee, who hasn't played up a guitar until after he was 30—has been involved in music since they were old kids. And, after playing for so many years, you learn a thing or two.

"We don't have delusions of grandeur like we're going to make it," says Mattson. "Yeah, we're old



The Foggy Notions: Kelvin Beaudry (bass/vocals), Janice Weber (bass/vocals), Charles Lennex (drums), Dave Davies (keyboards), Chris Laramee (guitar), Terry Mattson (guitar). Photos provided by the band.

enough now that we know better," laughs Davies.

Weber remembers about a show the group played in Edmonton. They took the stage after a few younger bands and she chuckles when she talks about their old set with no heat. "But I liked going in there (like that). I liked our group."

"We were like singing rock-yet-soft" Davies chuckles as she the group's laughter comes out again. They joke jokes about their ages (28 to 38), their old-school gear breaking down and the younger kids taking their shirts off—"the thought of taking their own shirts off at a show sends them into hysterics."

Although they are older than some, their music is fresh, easy to listen to and the group's combined music experience is obvious. It took almost a year to write, record and master their

newest album *Guard*, which will be released this weekend. Part of it was recorded in the UK—a common ground and large inspiration to the group. Beaudry and Laramee first bonded over UK bands and that's how Beaudry and Weber first met years ago at a Stone Roses show.

It was a conscious decision to move away from the grumpy genre pop (strong melodies and prominent guitar) sound of the previous albums. Beaudry The group wanted to do the opposite direction with a sound that they have a hard time placing. Beaudry finally writes on playing that it's a more "fun" and "engaged" album.

Click it out for yourself: The Foggy Notions will be performing—with their shirts on—this weekend at their album release show (with *See* and *The Moon*) on Saturday at Anigon in Saskatoon.

What is your favourite part of playing in The Foggy Notions?

BEAUDRY — "Playing music with my wife and my friends."

WEBER — "I don't write songs very fast, or very often. But it's really nice to have a group of people that can bring those things to life because it's people who get what you want to do."

LEMMIE — "I just love drumming to this kind of music. It suits whatever I feel."

DAVIES — "It's great to be in a band with like-minded individuals and you didn't have to ask them out on Kijiji or Craigslist. (Laughs)"

LARAMEE — "I like the laughter. I just and the great guitar songs. I consider all these folks my best friends and I'm so lucky to play with them and we're actually pretty awesome. I think (laughs). It's a creatively great and everything rolled into one."

MATTSON — "I just, the opportunity to play music that I love with people that I love. They're such good friends of mine. I love to play music so (he's) combining good friends and good music."

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Buds on Broadway
811 Broadway Ave.

The Presiders w/ WHYY Red Rose
The Odean Events Centre
241 Seaview Ave. South

Artisan Teeth w/ Tenmp Afro and See Kiba
Vergis Tavern
804 Young Street

Oral Young Heart and Lords Kitchner w/ Jumbo and Chessie King
Angeles Cantina
632 10th St. East

Friday, Aug. 23

Hang Aery
Buds on Broadway
811 Broadway Ave.

Billy Bob
Army & Navy Veterans Club
359 First Ave. North

The Public Darts
Tablford Seniors' Centre
183 Foxcroft Court

One More Troubadour
MONDAY TROUBADOUR
3230 Uplink St. East

Tea-Hines
The Odean Events Centre
241 Seaview Ave. South

The Shoeless Joes w/ G3, for Short and Chad Beagwala
Rock Bottom
6348 Broadway Ave.

Canyon Rose Outfit w/ Waffler Hot-Bits
Angeles Cantina
632 10th St. East

Brewster and the Boosters
Piggy's Pub & Grill
1634 Highway 66 North

Old Roots
Steve's Place
106-10 Ruth St. East

Saturday, Aug. 24

Hang Aery
Buds on Broadway
811 Broadway Ave.

Harry Startups
Nutans Legion
3021 Louisa St.

Billy Bob
Army & Navy Veterans Club
359 First Ave. North

The Last Kids
Mohally Robinson
2306 Lough St. East

Wanted
Rock Bottom
6348 Broadway Ave.

The Puggy Nations and Soze w/ The Misses
Angeles Cantina
632 10th St. East

Brewster and the Boosters
Piggy's Pub & Grill
1634 Highway 66 North

Old Roots
Steve's Place
106-10 Ruth St. East

Sunday, Aug. 25

Harry Startups
Nutans Legion
3021 Louisa St.

Monday, Aug. 26

Devon Coyote Band
Buds on Broadway
811 Broadway Ave.

Tuesday, Aug. 27

Devon Coyote Band
Buds on Broadway
811 Broadway Ave.



Check out the vintage cars in the annual Rock 1932 Show & Shine this weekend in downtown Saskatoon. **RKD PHOTO**

Wednesday, Aug. 29

Devon Coyote Band
Buds on Broadway
811 Broadway Ave.

SPECIAL EVENTS

Saskatoon Summer PROMS
Thursdays, Aug. 25, 7 p.m. to 9 p.m., at Third Avenue Centre, 304 Third Ave. North
Performances by local musicians. Prom 5: A Night to Remember. Minor wear-in ticket www.thirdavenuecentre.org

Fire Fighters Circus
Aug. 23, 2 p.m. and 7 p.m., at Credit Union Centre. Featuring Circus Gatti.

Fifth Annual Off to the Races
Aug. 23, 10 a.m. to 1 p.m., at Maple Grove. Featuring the Saskatoon Symphony Orchestra. With wine tasting, a buffet dinner and raffles.

Rock 1932 Show & Shine Weekend
Aug. 23-25, 11 a.m. to 5 p.m., in downtown Saskatoon. Featuring hundreds of classic cars.

2010 Canadian Grand Masters Fiddling Competition
Aug. 24 at Lakeside Church. Hosted by the Canadian Grand Masters Fiddling Association. Featuring 30 of Canada's best young fiddlers and songs by Celine Dion, Neil Young, Andy Cogan, John Anderson and King Crimson.

Family Fun Day in the Park
Aug. 24, 9 a.m. to 4 p.m., at Dundas Golf Course. In support of Veterans Affairs Support of Veterans and Families (VSAF). With games, a scavenger hunt, face painting and more. For information call 306-243-9160 or visit www.parkfuninthe.com.

Urban Day in the Park
Aug. 25, 12 p.m. to 6 p.m., in Victoria Park. Saskatoon's only public outdoor Urban Festival. Hosted by the United Canadian Congress — Saskatoon Branch. Featuring Kamden Sewelby. With Saskatoon dancing, music, food, beer, garden, outdoor dealers, children's activi-

ties and a souvenir market. If weather is unfavourable the festival will be moved indoors to the Saskatoon Skating Centre at 210 Pelly Ave.

Music for the Guit 3
Aug. 24, 7 p.m., at Grace-Woodminster United Church. A benefit concert for the Guelph and Galt's Foundation of Canada. Featuring singer Joelle Houghton, pianist Yael Chen and over 30 local performers, including many members of the Friends of the Guelph and Galt's Foundation. With a mixture of classical and contemporary music. Visit MusicfortheGuit.com.

Monash's Memorial Exhibit
Aug. 24 to Sept. 1, hours every 15 minutes from 1 p.m. to 7 p.m. daily, at 2222 Herman Ave. A life-size replica of the wilderness temple built by Monash and the Inuit for 4,000 years ago. Discover what the temple services meant to ancient Inuit, and what they mean for us today. For information visit www.kawassawmonash.ca or call 306-653-0818.

Historic Neighbourhood Walk
Aug. 25, 1 p.m. to 4:30 p.m., beginning at the Main Building, 306 10th St. East. The tour leaves the house at 12 p.m. Observe the early buildings remaining in the Main neighbourhood, on a guided walking tour. The house will be open all afternoon for visits as well.

Gabled Walking Tour
Aug. 25, 3 p.m., at the Saskatchewan Forestry Farm Park. Hosted by the Friends of the Forestry Farm. The Walking Tours start in front of the Superintendent's Residence. The house is open for tours from 100 p.m. to 3:30 p.m. The tour is free and refreshments are available at a nominal price.

U of S Campus Tour
Aug. 25, 1 p.m., departing from the Offroad Centre. Canine 101 Park/University of Saskatchewan campus. The theme is alumni. For information or to reserve a spot, call 306-966-6364 or email dc@uofsa.ca.

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

By The StarPhoenix Staff
With Contributing Writers: Lisa Gaudin, Lisa Gaudin

The Wiggles: Taking Off! World Tour
Aug. 28, 6:30 p.m., at 7001 Place, an educational and entertaining performance with new and familiar songs for children to enjoy. Featuring Dorothy the Dinosaur, Captain Featherheart, Wags the Dog, and Henry the Octopus. The charitable partner for all Canadian tour dates is Comic Relief Kids.

Live at Lunch on Broadway
Saturdays through August, 11:30 a.m. to 1:30 p.m., at Victoria Scheel's Little Stone Stage. Showcasing local musicians and bands.

ART

Mandel Art Gallery

Until Sept. 15 at 950 Spadina Crescent East. The Automobile Revolution: Montreal 1941-1960, featuring works by Jean-François Hébert and Paul-Émile Borduas. **Art at the Mercy of Light**, by Ed Bierbaum. **Shaping Saskatchewan: The Art Scene 1936-1964**, featuring Stanley Brunst, Arthur McKay and Otto Rogers. **Unleash**, by Bradley LePage. In the **July The Artists by ARTCO** exhibition, **Abstract Studies**, features works by Gino Francini and her mentor Iris Hauser. Drop into the gallery for free family fun every Sunday from 2 p.m. to 4 p.m.

The Gallery at Place West

Until Aug. 22 at 228 Third Ave. South. **Afternoon**, a shift show with works by Melodie Blum, Robert Christie, David Glick, Hugh Huihui, Jonathan Fennell, Lynn Gaudin, Anna Hainworth, Dennis McKay, Lee Mitchell, Karen Pollock and Joshua Wade.

Dorval's Pavilion

Until Aug. 25 at 255 Second Ave. North. Works by Jocelyn Pidsbury. **Fortunes** mixed-media asyle on canvas and prints.

Gallery on the Bridge

Through August to the Autumn at Saskatoon City Hospital. **Landscape watercolors** by Patricia Clarke on the third floor; **landscapes and cityscapes** by Shirley Taylor on the fourth floor and acrylics and oils on canvas by Norm Osborne on the sixth floor.



Birds of a Feather an oil on canvas by Karen Rife Thompson is on now at the **Art at the Mercy of Light** exhibition.

The Gallery, Frances Marlin's Gallery

Until Aug. 29 at 331 2nd St. East. **Birds of a Feather** by Karen Rife Thompson explores the similarities of the human condition with the natural world through animal imagery.

Redcliffe Centre

Until Aug. 31 at 110 Grepper Cres. **Watermarks & Friends** group show, featuring a variety of mixed media in a variety of subjects.

Gallery on Third, Watrous

Until Aug. 30 at 228 Third Ave. East. **Watrous: Spirit of the Times** is a feature art about times in all their variety.

Station Arts Centre, Southtown

Through August at 701 Railway Ave. in Southtown. **Invitation** to the imagination by JTS Walker.

Macmillan Valley Centre Gallery

Through August at 603 Third Ave. South. **The Four Seasons At Elvins' Edge** by Connie Selver. This show is a collection of impressionistic paintings of the Museum Valley capturing the changing four seasons.

Watrous Library

Through August in Watrous. **Art with a Summer Theme**.

Western Development Museum

Until Sept. 2 at 2610 Lorne Ave. South. **Love Birds** by Kim Adams. The sculpture artist playfully reimagines everyday materials, from machinery, plain vices, automobile parts, toys and model train parts transform into fictional worlds and imaginary landscapes. It is presented in collaboration with the Mandel Art Gallery.

Urbanism Museum of Canada

Until Sept. 2 at 910 Spadina Cres. East. **Treasures from the Collection**. It features an eclectic mix of fine and folk art, textiles, apparel, woodcarving, collage and mixed media works from the museum's collection.

Affinity Gallery

Until Sept. 29 at 613 Broadway Ave. West. **Perspectives**. Painter, sculptor, Haiden and ceramic artist Malli Haiden interpret and discuss the powerful landscapes of Saskatchewan through point, canvas, clay and glass.

Some Other Place

Until Sept. 30 at 375 Cornish Rd. The **Saskatchewan Landscapes**, paintings by Jay Mandel.

Black Soapbox Gallery

Through September at Northside Antiques on Highway 2. **Lakeland**, a group show by gallery artists. **Wildlife**, lake scenes and forest scenes with the Lakeland and Rural South as muse by 12 gallery artists.

Disfranch Canada Centre

Through December at 101 Glenbrook Pk. **Tell the Story of Anna Gerstel**. This in-house produced exhibit empowers victims to look beyond the controversy surrounding the Anna Gerstel, and focuses on the history and accomplishments of Anna Gerstel.

THEATRE

Chorus the Musical

Until Aug. 25 and Aug. 28 to Sept. 1, 7:30 p.m. **Chorus** plays to Saturdays and 2 p.m. Sundays. At The Barn Playhouse. An old-fashioned variety show with a twist. It's 1944 and

American singing cowboy Roy Fox is late for a special broadcast on the BBC in London. Out of desperation, producers grab whoever they can and shove them on stage.

Shakespeare on the Saskatchewan

Runs to Aug. 25. The **Shakespeare** site along the river. The Comedy of Errors is a family-friendly comedy of mistaken identity. **Shakespeare** is a bold and bloody revenge tragedy.

SPORTS

PutahCorp Soccer Kids in the Park

Last day is Aug. 22 at City of Saskatoon Playgrounds and youth centre sites. Presented by Saskatoon Youth Soccer Inc. A drop-in summer program for ages four to 16. For a schedule visit saskatoonyouthsoccer.ca.

Street Legal Racing

Aug. 23, 5:30 p.m., at Saskatoon International Raceway, 13 km south on Hwy 11. Street racing in a safe and legal environment.

Crash Weekend Points Event

Aug. 23, 9 a.m. to 10 p.m. at Auto Cloning Motor Speedway. **Champions competing** in Pro Trucks, Street Stocks and Mini Stocks.

Theatricalized Racing at Marquis Downs

Aug. 23-24, 7 p.m., at Marquis Downs. With package from Trinidad and Jamaica.

Alcohol Festures and Points Race

at 8 p.m., at Saskatoon International Raceway, 13 km south on Hwy 11.

Weekly Summer Basketball

Camps, Leagues and Tournaments Runs to Aug. 29 in Saskatoon. Offered by Young Athletes Saskatoon. Camps are led by retired teacher and school principal Dennis Hill. For youth ages eight to 16 of all levels of athletic ability and experience. Visit www.ya.ca, call 306-242-2425 or email hill@ya.ca.



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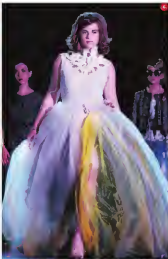
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ON THE SCENE

To view more On the Scene photos, visit [Facebook.com/BridgesYXE](https://www.facebook.com/BridgesYXE). Tag your friends!

SASKATOON FOLKFEST



The Saskatoon Folkfest is an annual festival held at various locations to help people experience the many different cultures represented in the city. This year's event ran Aug. 15 to 17 and had 22 pavilions featuring everything from ethnic dining and fashion to dance and martial arts performances. Saskatoon Folkfest launched an app this year called Expect the World from Us, to help people stay connected with everything happening throughout the vibrant three-day celebration. Bridges was on the scene for all the fun at the Chinese, Indo, Francophone and Indian & Métis pavilions.

1. Zorche Royal at the Indian & Métis pavilion
2. Hugh Luo-Tschie, Ryan Nguyen and Jason Lu at the Chinese pavilion
3. Ashley Images at the Indian & Métis pavilion
4. Trina Thak walks the runway in Laura Brown's design during a fashion show at the Francophone pavilion
5. Kewen Tan, Lucas Zherap and Brenes Pong
6. Praba, Prakriti, Dombi, Parthana and Sindula at the India pavilion
7. Seta and Sabia perform at the India pavilion

BRIDGES PHOTOS BY MICHELLE BERG



NEXT WEEK: What is your most memorable moment from school? Email bridges@thestarphoenix.com

#PARENT TO PARENT

Each week Bridges, in connection with SaskatchewanMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

How do you make sure your kids are being active enough?

"Spanish made it so 24/7 in our house. We film movies non-stop, noon and night." — Kim Albe

"Benny beats his little jumps!"
— Cassandra Kyle Wynman

"Summer time is crazy as my son gets a bit of outdoor play time. In the winter it's more of a challenge and we're developing a bit of a tag around the house on their colder days." — Shantia Giacchino

"They're because the three older ones are addicted to their iPads. My 10-year-old comes outside but they just sit on the deck and play with their video games." — Patricia Patterson

"Our five-year-old likes to games but chooses anything outside over games so that makes me happy!"
— Courtney Wang

"My eldest is a huge fan of organized activities and we encourage lots of this play. In the summer (and when it isn't too cold in the winter), my kids spend a lot of time running around the back yard. We have a big open basement with lots of space to run around and have an inflatable climbing wall for when it is colder. (I'd better deny I worry about whether they're active enough as they are both constantly on the go.) — Amy Gundlach (Dorval, Quebec)

"Hill camp at the moment for my age!"
— Margaret Young

"Put them in sports at a young age. They will have fun and the parents will too!"
— Sergio Ivan Lora (Miami, Florida)

"The kids go to day care during the day and their schedule allows for a lot of outdoor play at times. I will send them out to play if they have been sitting in front of the TV for too long! We often go for walks together and to different outings as a family!"
— Carla Contreras

"I never had a problem with either of my kids. Both played soccer and field hockey. My son was also born with skates on and never sat still. As adults they both continue to lead active lives seven days a week." — Judy S.

"We register our kids in weekly activities such as



Kids playing soccer and basketball. Plus going for walks, playing outside and riding bikes. It's so important that they don't expect to be on video games but enjoying coming around and being outside. The more you are outside, the more they want to go. Plus they sleep better!" — Alyson Crowder (Ottawa)

"Don't buy them video games. Pickleball and allow them to play outside without being helicopter parents. (Star Trek Get Away)"
— Val Tector (Ottawa, Ontario)

"Walking and playing with the dog, swimming, play and basketball." — Jane Rose

"Hockey, soccer, basketball for my pre-teen, joined out of the house." — Adam Greene

"Stay active with them." — Jocelyn Gomp (Newcastle)

"The problem was they were always busy. We had to be parents stay active with kids." — Harpreet Singh (Amritsar)

Authentic Amish Cooking



Online book of authentic Amish recipes

Raspberry Swirled Cheese Cake



- 28 oz. Cream Cheese
- 2 Eggs
- 6 oz. Graham Cracker Crust
- 1/4 C. Sugar
- 1 T. Vanilla
- 1/4 - 1/2 C. Raspberry Pie Filling or Jelly

Beat Cream Cheese, sugar and vanilla until creamy, add eggs and beat well, pour into graham cracker crust, spoon raspberry filling over cheese mixture and use knife to swirl. Bake at 325° for 40 minutes or until center is puffy. If you over bake the cheese cake will crack. Chill overnight before serving.

Chicken Kabobs



- 1/4 C. Brown Sugar
- 2 T. Lemon Juice
- 1/4 T. Ginger
- Zucchini
- 1/4 C. Soy Sauce
- 1/4 T. Garlic Powder
- Pineapple Chunks
- Pre-Soaked Cored Peas

Marinate chicken chunks in sauce. Skewer chicken, pineapple chunks, zucchini and pre-soaked corn pieces. Brush with leftover marinade. Broil or grill till done. Excellent on beef also.

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ASK ELLIE

Deleting a friend's ex from Facebook a 'moral dilemma'

Q I have a moral dilemma. Over a year ago, I introduced two friends of mine. They hit it off and were together for a year. Their relationship wasn't serious, and their first break-up was pretty bad, such that the woman felt she was in physical danger, and that the man was causing her personal space.

Nine months later she wrote me to delete him from my Facebook. It made it clear to her that what he did was not acceptable.

My friendship with him had at ready faded while they were dating, and I didn't want to involve myself in their drama.

He and I haven't spoken to each other or on social. But deleting him from my social network (of which I'm an extremely passive user) seems a very big statement. I want to stay neutral. I feel her request is like that of a teen age.

How do I explain this to her? Or should I be a 'better' friend and 'un-friend' him?

Terri

Ask Ellie



A If you really see this as a "moral" issue, and you believe he was abusive to her as she says, then it's not just "wrong" to stand up for her and show that his behavior to any woman (or anyone at all) is "not acceptable."

Otherwise, it's a friendship issue with someone with whom you're already severed contact.

You could then tell the woman that you're merely on track with her anyway, and also that your social networking is too involved to continue.

BUT if you want to maintain your friendship with her, be prepared that she'll not agree, and you may lose her in the exchange.

Q My mother-in-law (one of my best friends) has over her husband my husband's stepfather gave me the wrong.

I've always had a feeling that there was something very wrong, particularly with leaving my children with him. It now seems that he's actively grooming my children. He takes over while my husband and I are parenting, and makes it seem like he is the only person on our children's "team."

I've spoken to my husband and my own parents about my concerns, and it's agreed that if I'm uneasy, we shouldn't allow them to be alone with him, even if I don't want to strip my MIL from babysitting but she does allow him time alone with them.

How can I bring this up without damaging my relationship with her as she is really hurt and, and I feel I love her, but not enough to allow my children to be put in harm's way.

Protecting My Children

A Not as easy one to handle, so leave in advance that whenever you do someone might get hurt, BUT you're

absolutely right that it *mustn't* be your children.

Your main evidence is his tendency to interfere by trying to win the kids' confidence.

Since it's your MIL's feelings you don't want to hurt, talk to her first, with your husband present. Explain that you two, as parents, *must* allow exposure to be controlled by your parenting, she doesn't, and you're superstitious of that and my babysitting help.

Then describe how you've experienced his taking with the kids against you two. Give some examples. Say you really don't want him alone with them. Be clear that you won't suffer on this issue.

Ask if she'd rather that you two define this boundary for her husband or if she's OK with personally making sure it doesn't happen.

If she nevertheless feels very hurt, you have your priorities. Children first.

Q I am stressed with a boy at school.

Anonymous in New York

A I'm responding to you, despite a lack of any details which would hint whether he's aware of your stress, because of your mentioning "stress" so.

You're still in school, but if you learn this now it'll be an important part of your education — "classroom" as well.

It involves not everything else, but trying to ignore people like directly and close friends and other important people like sitting healthily and doing your studies or work.

Discussion with a person is especially unlikely because it means you've asked that person higher than yourself.

If you don't get the response you want, it erodes self-confidence. This sometimes causes someone people to attract the other person's attention as negative ways.

No, if this boy isn't showing interest, move on. Value yourself higher — you have a lot to offer yourself — and others will soon see that you're special.

Next week in BRIDGES

It's back-to-school time and we are dedicating the entire issue to students of all ages

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OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to frank@childlifeart.com. One winner will be chosen each week.



Last week's contest winner is Cooper Parubac. Thanks to everyone who submitted entries.



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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

DONNA MILLER

Black Fury the first in Help Me I'm Naked series

I've always wanted to write. When I was a kid I wrote a story about a wolf, a statue that came to the rescue of a valuable young man, trapped in an overturned truck.

I also liked to disappear. I'd daydream sitting under a tree, while watching drama everywhere. It used to be one of my favourite activities. I could create whatever reality I chose. My father didn't really beat my mother and I most certainly was not a sulky, helpless little girl with Eudora like hair. I was a powerful avenger who went about changing evil in this world. I was Black Fury!

I grew up, got married and began raising a family of my own six children. Though I say I managed

to write a little now and again, even finishing a work, which I hope to someday get published.

Then my kids left home. I began writing a fiction novel using bits and pieces of my life but with a story book ending (no worries are happy in that we can give ourselves any ending we choose). I joined the Redwood Writers Group who politely informed me that my writing was mediocre. I was devastated. Fortunately a couple of the members took me under their wings. "Try writing your story, your true story and in the first person."

Okay, I thought, and what about my new furry tale ending?

I struggled, it hurt but I did it. Then I scribbled, scribbled and found



Author Donna Miller

a publisher/editor to help me self-publish. In September of 2012 I became the proud author/narrator of the book Black Fury is March of

this year, my book took first place in a competition of the Great Northwest Book Festival.

Black Fury is the first of a series entitled Help Me I'm Naked which is my mother's, my aunt's and my story.

Black Fury is available at most bookstores or will be available through www.yourradioisworth.com, Amazon or on chapters on a big thanks to them and to these other readers:

Booktown and Delia Coops Booktown and Tagger's Marketplace Delia and Redwood Antiques Books, Cozy Corner Cafe in Hatfield, Sandy Ridge store on Highway 14 and The Store on Penhas

You can also "like" Black Fury on Facebook.



Nuts About Nature At Beaver Creek Conservation Area



Dear Chip,
Do animals really eat blood?

Cassidy



Dear Cassidy,

Here in Saskatchewan we all know what mosquitoes aren't to do, don't we? Uh! Even we animals are bothered by mosquitoes in the summer. As it turns out however, not all mosquitoes drink blood and of those that do, it is only the females that suck a blood meal. Why? In some species, female mosquitoes need the protein from blood to produce their eggs. You could say that female mosquitoes are just being good moms when they sip a blood cocktail from your body. If not all mosquitoes drink blood, then what are they eating? Mosquitoes are actually nectar feeders just like those lovely butterflies and hummingbirds that humans love. That means they eat the sweet, sugar water that plants make to attract pollinators. Another thing to consider is what baby mosquitoes eat. Since they are aquatic, baby mosquito are filter feeders and strain bacteria, dead organic matter, and algae from the water. Animals like fish, frogs, and many species of birds depend on mosquitoes for food. So, even though they can be pesky, it's not fatal! Let's even mosquitoes have a place in nature!

Send your questions to me at the address below, then watch for replies for the answers.

Your pal, Chip

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Email: meewasin@gmail.com



Meewasin

Saskatoon
Health
Region

Palliative Care Services



Walk of Memories

Everyone is invited to participate in the Walk of Memories to remember loved ones and support Palliative Care Services.

Sunday, August 25th

Gathering time 1:30 p.m. - Walk begins at 2:00 p.m.

Refreshments - 3:00 p.m.

Parking provided at Saskatoon Funeral Home.

Shuttle service available between sites.

Start: Kiwanis Memorial Park Bend Shell (Spadina & 20th St.)

End: W.A. Edwards Family Centre (333 4th Ave. N.)

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GARDENING

GARDENING

Hydrangeas can grow in protected yards

By Eri Svendsen

Growing up in Victoria, B.C., large pink and blue hydrangea shrubs were a common sight. It was one of the things I missed when I moved to Saskatoon nearly 30 years ago. At that time, the only hardy hydrangeas available to Prairie gardeners were *Annabelle* and *Doyle*. The former has large creamy white globes for blooms, and the latter has long poles, or cone-shaped white blooms. Because they die down to the ground every year like so herbaceous perennials, and from our cold winters, they rarely reach taller than one metre.

OTHER NEWCOMERS INCLUDE:

- **ENDLESS SUMMER** Related to the conical species above, shaped flower clusters are blue or pink depending on soil pH. It requires winter protection as it flowers on last year's wood.
- **TWIST AND SHOUT** Similar to *Endless Summer*, it also features a deep red fall leaf colour.
- **INVINCIBLE SPIRIT** Similar to *Annabelle* except the large globe-shaped flower clusters are hot pink.
- **LIMELIGHT** Similar to *ProDee* except the cone-shaped flower clusters are wider at the base. They start out lime green and change gradually to white as the flowers age.
- **LITTLE LAMB** takes compact, but *ProDee*.
- **PINK DIAMOND** Similar to *ProDee* except the conical flower clusters are pink.
- **PINK SPARK** Offspring of *Pink Diamond*, a stronger and denser shrub with fuller flower clusters.

But that was then. Now, if you have a protected yard, there are several new cultivars and species with an expanded colour range including pink, blue and coral. Most are said to have variations on a "gardeners' shield," but are worth a try anyway.



The *Incrediball* hydrangea grows large white globes of flowers. A thick layer of organic mulch will help keep the root zone cool and moist in summer while protecting the plants from the cold and winter winds. Photo courtesy: B. Bennett

Three summers ago, I planted an oval *Incrediball* hydrangea (a comparison with the thought that they could form an informal hedge at the back of the border). The grower was that this was an improved *Annabelle* with larger flowers and sturdier stems.

Last year I had no flowers. Disappointed, I intended to replace them all this year. Reading my mail, I saw both forms and dozens of giant white large globes are just beginning to bloom. None of them have reached the reported 80cm in diameter yet, but I am hopeful.

An average dividing friend has tried a few of the other new hydrangeas. Her favourite and most useful

performer in turning out to be *Quickfire*. It has survived two Saskatchewan winters so far with no special protection. One of the best features of this cultivar is that while the flowers start out white, they gradually turn pink, finally ending up a very dark magenta by fall.

Besides flower colour, *Quickfire* differs from *Incrediball* in several other aspects. It is a different species, the flowers cluster are more open and do not form dense balls, the leaves are less than half in size and individual branches have more secondary branching. The final effect is a less intense looking shrub, but both are quite spectacular and attractive

in their own way.

I always thought hydrangeas grew best in shade. The truth is that they tolerate shade and will bloom more with increasing light. Their real weakness is excessive heat and low soil moisture. When it's very hot out, regardless of how much water you give them, they may still wilt but will recover by evening. A thick layer of organic mulch goes a long way to keeping the root zone cool and moist in summer and protecting it from bone-chilling cold in the winter.

All hydrangeas make excellent cut flowers, both fresh and dried. The flower clusters will dry in a light breeze to become as their own in the

fall. For added winter interest, leave them on, waiting until late winter/early spring before removing the flowers. Since *Endless Summer* and *Twist and Shout* flower on the previous year's wood, these require winter protection and little pruning. The rest of the cultivars should be pruned to ground level, since the winter kills the stems most years.

This column is provided by the Saskatoon Horticultural Society.

Announcements

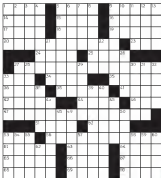
Gardenline is open for the season. Call 306-965-8855 Monday to Thurs day. Or send your questions to gardenline@sask.ca.

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 "Hill" actor
3 Last _____ "Cher" film
5 Jam snack
14 "The Sound of Music"
15 "_____ and away!"
16 Unrelated under link
17 Everyday computer operating system
18 Foreigner's Oscar film
19 Daughters' order of birth
20 Start of a flower
21 Actors' performance
22 Killed on a dollar
24 He roared scientist
25 Fish story
27 Current part 2
32 Unknown leader
34 Numbered in fiction
35 Part of a cozy mystery
36 A dollar
38 Lethal war
41 Close the doors
42 Make use of
44 _____ repeat, but...
46 Here we were
47 Current part 2
48 Price



ACROSS BY NIKKI AND NIKKI

DOWN

- 1 Best accuracy
3 Gains with Prep
5 Pump like balls
7 Paper's place
9 City called "Temple"
11 Capital on the Danube
13 The Prince of Persia
15 Traditional necklace
17 King of Athens in the Peloponnesian War
19 Out very clear and comfy
21 From by "Y"
23 Area: Revised liquor
25 P.C. (noun)
27 Considered by
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JANRIC CLASSIC SUDOKU

Fill in the blank cells with numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle. The difficulty levels range from Beginner (Easiest) to Expert (Hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 35.



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STAR EATS

SASKATCHEWAN 7000 TRENDS

Mustard is tops in Saskatchewan

By Jenn Sharp

Every year Regina's Wilton on Wincoo plays host to a bevy of Saskatchewan chefs serving up their imaginative take featuring mustard as the star ingredient. The Great Saskatchewan Mustard Festival to all about celebrating the province's famous oilseed. Festival organizer Makenzie Craig (executive chef and partner at Regina's Beer Brothers and Wilton on Wincoo) says, "We want to get people onto mustard and recognize the fact that Saskatchewan is the world's largest producer of mustard."

About 90 per cent of the world's mustard comes from Canada, while 75 per cent of that mustard is grown in Saskatchewan. Mustard is more than a simple yellow condiment to put on your hot dog. At this year's family-friendly festival on Aug. 23, chefs are vying for the people's choice award in a friendly competition. The \$10 entry fee provides all you can eat access to try the different dishes.

Chefs agree — mustard trumps ketchup (read) every time. Want to eat those mustard that makes it and seriously loved it, ketchup? Or better yet, why is mustard better than ketchup? I asked a few Saskatchewan chefs for their feedback:

"Mustard has many great qualities to it — texture, heat, acidity, tanginess. It's the difference between a good sandwich and a great sandwich. Let's face it, ketchup do that!"

— Dale Mackinnon, winner of Top Chef Canada Season 1

"Coming from mustard country in the U.K. (Colchester of Winchcombe) mustard should be used to enhance food, whereas ketchup is designed to another food. Each has a purpose in the food world, but mustard has class."

— Simon Reynolds, chef and owner of Simon's Fine Foods

"I like mustard because it can either add excitement or enhance the flavours you're using. Add ginger chutney, lime or fresh herbs and it's a whole different ball game. Speaking of ball games, you can't have a hot dog without it."

— Rusty Pender, executive chef at Dakota House Centre

"Ten words: mustard pickles, flame-caramel cucumbers, cashew and pea lentils in a creamy honey mustard sauce. That brings memories of tastes of home and days gone by."

— Karla Tetra of Executive Chef

"I personally love both mustard and ketchup. Being born in India, I was introduced to mustard before ketchup, though not as a must-have sauce. (We had) mustard in different forms: for instance, as a marinade or even in curries and my favourite — as a salad dressing. The ketchup in India has a different personality too — child ketchup, sweet and sour ketchup, we even make ketchup out of beetroot and sour mangoes."

— Mitron Rehalla, executive chef at the Hotel Saskatchewan

"Even though ketchup is an old, accepted condiment, it lacks the complexity and depth of mustard. Making my own mustard and its variations is one of life's challenges and one of its pleasures."

— Doreen Craddock, executive chef at the Riverside Country Club

"Well, it would be very hard to say one was better than the other. Personally, ketchup plays a very big part in my life (especially then). I don't use it as a cooking, but mustard — that is so versatile. It has even made it into a home-made ketchup in the past. It's great for marinades, sauces, pickling — imagine trying to pickle asparagus in ketchup!"

— Anthony McCarthy, executive chef at the Saskatoon Club

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
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PHOTO COURTESY SASKATCHEWAN MUSTARD BOARD/MIKE GUNN/SHIRAZ



Chef Arman is a variety of mustard infused dish at the Great Saskatchewan Mustard Festival held on Wilton on Wincoo in Regina. PHOTO COURTESY WILTON ON WINCOO



Mustard comes in a variety of forms, including prepared, whole seeds and powdered. PHOTO COURTESY OF THE SASKATCHEWAN MUSTARD BOARD/MIKE GUNN/SHIRAZ

GREAT SASKATCHEWAN MUSTARD FESTIVAL

WHAT YOU NEED TO KNOW:

- Wilton on Wincoo, 3000 Wilton Dr., Regina, S4S 0S8 (S4S3)
- Aug. 28 from 11 a.m. to 4 p.m.
- Chefs from 15 restaurants serving up an eats featuring Saskatchewan mustard
- \$10 entry includes a mustard festival T-shirt, a bottle of French mustard and all you can eat access
- Entertainment by the Rae O'Brien Brass Band
- Enjoy Great Western beer and a Met's Clemen's station featuring a mustard festival Clemen
- Seating is limited to get there early if you prefer to sit while you enjoy your mustard eats. Last year over 1,200 people turned out
- For updates on Twitter: @saskmustard

WINE WORLD

#LINDEMAN'S EARLY HARVEST SHIRAZ

Calorie counts on wine much easier to find

By James Romanow

It has been standard stuff for a couple of decades to flip over the food package and look at the back, labeled for information: calories, fat, vitamins, etc. Winemakers have been resistant to such labels, but in the last couple of years, numerous critics have urged the industry to take this kind of information.

Lake many other restaurants, wineries assigned by nature. This change is the better. A beautiful example of this packaging is Lindeman's Early Harvest Shiraz. Normally, the longer grapes hang the more sugar they have. Late harvest wines are denser than younger. Younger wines are lighter in both alcohol and sugar.

The back label has a useful, one-day guide and a surprisingly accurate description of the wine profile. (Most back label tasting notes are written by marketing departments and should be ignored.) The label can't mention that, probably for good reason. It is not good for you after the bottle was open for about an hour, and the medical alert should also. There is also a calorie count (80 per 100 ml) if you're older and



cherry flavored with a slight contrast of acidity and tannin. The front label calls it smooth and light bodied. That pretty much sums it up. The palate is dry, but not overly without acidity and tannin. It makes for a very easy drinking wine, particularly approachable for young drinkers with more sensitive palates to enjoy into the market for the first time.

Lindeman's Early Harvest Shiraz 2012 \$13.99 per bottle
More wine reviews in Monday's StarPhoenix or @dbranson on Twitter

Crossword/Sudoku answers

M	I	N	A	S	M	M	N	A	V	E
D	M	A	N	I	A	G	L	R	H	A
C	A	P	E	R	A	R	E	R	I	E
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